

Health From The Garden

The Garden

Vegetables Are Valuable Sources For Vitamins Necessary For Health

The average garden supplies vegetables in abundance, perfectly fresh through the summer months, and also many which are easily stored either raw or canned for winter use.

Comparatively few persons eat sufficient vegetables. Minerals such as iron, calcium, phosphorus, iodine, sulphur which neutralize the acid condition of the blood, are found in proper combination as nature provides them in vegetables. Spinach, chard, lettuce, celery, tomatoes, carrots, cabbage, string beans, beets,

peas, asparagus, turnips, pump and cauliflower all have varying amounts of available mineral material. Leafy stem vegetables are rich in calcium. Green vegetables are best sources of iron.

Vitamins, essential to health, are necessary for growth and protection from disease. The vitamins are found in various foods. Green vegetables supply several, such as lettuce, cabbage and tomatoes are valuable sources. Leafy green vegetables are present in all other classes.

Starch and sugar are found in potatoes, parsnips, beets, carmelis, corn, wheat, rice, etc. Leafy vegetables are good sources of energy. Legumes (ripe peas, beans and lentils) contain nitrogen and are used as a source of energy. The most important function of vegetables is to supply fibrous material which is not digested, thus providing bulk for the digestive tract.

Points to be considered in cooking vegetables are preservation of colour, flavour and nutrients. Most vegetables are best cooked in water.

the amount of water which can be used without burning the vegetables or they may be steamed. Have the water boiling when vegetable is put in the pot. Keep it boiling, not simmering and keep closely covered. The water should be of a pale yellow colour. Baking without the addition of water is a good method in some cases, but is not practical for many vegetables. To prevent strong flavours as in those of the cabbage family or onions, use a large amount of water and cook for a short time and not for the shortest possible time for tenderness.

Vegetables in serving vegetables from day to day is appealing to the appetite.

Wild Duck Census

The International Committee to Commemorate World Wars

has announced that it will have a census of wild ducks in America's wild ducks a subject of international concern after disastrous ducking droughts in their great breeding areas in the Canadian and the United States.

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An Old Method

Scattering Salt Will Prevent Spontaneous Combustion in Barn

St. Louis, Mo., June 12.—The hayting season here is the time when spontaneous combustion in the mow. Better ventilation is the only safe means of meeting this danger. While it is not possible the old method of scattering salt over the hay will prevent a pound per ton of hay is to some extent a preventive and does not affect the feeding quality.

Sensitive To Sun

Robert West, an undergrad at the University of California, is so sensitive to the sun that his skin becomes blistered in three minutes. The doctor has prescribed for him experiments in sun-ray filter, and he works in a cotton-windowed laboratory.

Taking No Chances

Mr. M'Nash (after having been scared to blue—"I won't sign that, I haven't been to California for years—commands for a mansion in heaven, 'I'm not going to take such a chance as that'") is in the room of the "High Street."

